



Preparing the family for telehealth clinics

- Send the weblink and instructions to the family beforehand.
- If possible, include pictures of the pGALS manoeuvres for the examination portion of the visit.
- Advise that likely to take 45-60 minute follow up appointment.
- Children don't have to be present/participate in the history portion of the visit
- Request family to prepare by finding a quiet space where their internet is good, with good lighting and adequate room where the child can walk around (where the child can walk at least 5 feet in one direction), to be seen on the camera and also sit on the floor.
- Have family be ready and prepared 10 minutes before time.
- Have child wear a t-shirt, preferably sleeveless, and shorts (no socks or shoes).
- If feasible have chair available for patient to sit on and have a sofa or bed or table close where the child can be watched lying down for knee and hip range of motion.
- Bring medications to the room where they are doing telehealth.
- Have any laboratory tests and imaging ready for review.
- With younger children play 'Simon Says' or 'Follow the Leader'.
- Have family email pictures ahead of time to a dedicated email: resolution to visualise rashes is much better through pictures than the video screen.
- If family is using a tablet or phone with both a "selfie" and a more traditional view-finder camera, use the selfie side for the history and then switch to the view-finder side for portions of the physical exam.
- Instruct the family to hold phone overhead to visualize certain joints (like hands and knees, especially). Have the parent hold the tablet or phone so that you can see the entire child as they walk, etc.
- Have someone else present / available for at least part of the visit (even if patient >18 years old) to hold device during examination.
- Creativity can be used for physical examination tools:
 - Ask families to utilize a tape measure to evaluate muscle atrophy, jaw excursion and patient height.
 - Families should use at-home scales to measure a current weight.
 - Families can count heart rate and respirations over one minute, or can tap out a patient's heart beat for the examiner to hear.
 - Smartwatch and smartphone data can be reviewed to determine a patient's activity level, such as number of steps in a day, and heart rate data.